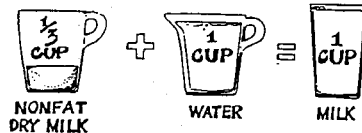


Nonfat Dry Milk

Nonfat dry milk is a convenience food. Use it instead of fluid milk for drinking, cooking, and baking. Nonfat dry milk is nutritious. It is low in calories, fat, and cholesterol. And it is an excellent source of protein, calcium, vitamins and minerals.

To Prepare Nonfat Dry Milk:



1/3 cup nonfat dry milk + 1 cup water = 1 cup skim milk
 2/3 cup nonfat dry milk + 2 cups water = 2 cups skim milk
 1 1/3 cups nonfat dry milk + 4 cups water = 4 cups skim milk

- ✓ Chill the prepared mixture well before serving to improve the flavor.
- ✓ Add a few drops of vanilla to each quart of milk. It will help your family adjust to the slight difference in flavor. mix the prepared dry milk with fluid whole milk. Gradually decrease the amount of whole milk until your family has adjusted to the flavor of nonfat dry milk.
- ✓ Store nonfat dry milk in a tightly covered container in a cool, dry place. It will keep for several months.
- ✓ Refrigerate nonfat dry milk after it is mixed with water. It will keep in the refrigerator for about 5 days.
- ✓ Remember that reconstituted nonfat dry milk can be used in place of fluid milk in cooking.

For extra nutrition add nonfat dry milk powder to:

Ground Meat	1/2 to 3/4 cup of nonfat dry milk to each pound in any recipe.
Fish or Chicken	1/3 cup of nonfat dry milk to 1 cup flour or other dry ingredients used to coat meat.
Cooked Cereal	Mix equal amounts of nonfat dry milk and cereal before cooking.
Mashed Vegetables	Add 1/3 cup nonfat dry milk to each 2 cups of mashed vegetables. Use fluid milk to give the right texture.
Sauces, Gravies, Soups, Custards	Add 1/4 cup nonfat dry milk to each cup of fluid milk in the recipe or 1/2 cup nonfat dry milk to each cup of water or broth.
Juices	Mix 1 tablespoon nonfat dry milk into each cup of juice
Fluid Milk	Add 3 tablespoons nonfat dry milk to each cup of fluid milk.
Baked Products	Cakes: 1/4 cup nonfat dry milk can be added with every 2 cups of flour. Breads: 1/3 cup nonfat dry milk can be added with every 3 cups of flour. Cookies: 1/2 cup nonfat dry milk can be added with every 3 cups of flour Products will brown faster with added nonfat dry milk

Recipes

Instant Cocoa Mix

4 cups nonfat dry milk powder
3/4 cup unsweetened cocoa

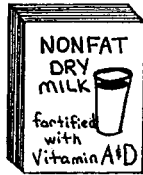


1 cup sugar
1/4 teaspoon salt (optional)

Mix the milk, sugar, cocoa, and salt together. Place in tightly covered container and store in a cool place. To make 1 cup hot chocolate: Measure 1/4 cup instant cocoa mix into a mug or coffee cup. Fill cup with hot water and stir.

Creamy Potato Soup

10 cups water
3 beef bouillon cubes
3 cups vegetables (carrots, celery, onion, or any vegetable leftovers)
Dash of pepper, nutmeg, parsley flakes, garlic salt

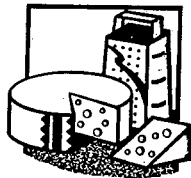


3 1/2 cups nonfat dry milk powder
3 1/2 cups instant mashed potato flakes

Mix water and dry milk in a large pot. Heat on low heat. Dissolve bouillon cubes in milk. Stir in potato flakes. Add vegetables and seasonings. Simmer for 20 minutes, stirring occasionally. Serves 8 to 10.

One Pan Macaroni and Cheese

2 cups uncooked macaroni
2/3 cup nonfat dry milk powder
Salt and pepper to taste



1/2 cup water
1 cup diced cheese cubes

Cook macaroni according to package directions. Drain and set aside. Mix water and nonfat dry milk in a saucepan. Add cheese. Cook over low heat, stirring gently until cheese melts. Add seasonings. Add cooked macaroni to cheese sauce. Makes 4 to 6 servings.

Rice Pudding

1 cup nonfat dry milk powder
1/4 cup sugar
1/4 teaspoon cinnamon
1/2 cup uncooked rice



2 1/4 cups water
1/4 teaspoon salt
1/4 teaspoon nutmeg
1/2 cup raisins, optional

Combine milk powder with water, add sugar, salt, spices, rice and raisins in baking dish. Mix well. Baked covered in a 325 degree oven for 1 hour. Stir several times during baking. Serve warm or cold.